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"HOW TO KEEP GOING"

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LAMENTATIONS 3:47-48 (NLT) "We have suffered terror and pitfall, ruin and destruction. Streams of tears flow from my eyes because of the destruction of my people!"

LAMENTATIONS 2:11 (NLT) "I have cried till the tears no longer come. My heart is broken, my spirit poured out, as I see what has happened to my people."

I. KEEP YOUR EYES AND YOUR HOPE ON GOD (Lam. 3:28-29 Msg).

INSIGHT: The number one reason we don't hear God talk to us is we're too busy.

IF I WANT TO HEAR FROM GOD IN MY PAIN... I grab my Bible, get in a quiet place, ask the Holy Spirit for guidance, begin reading, and then just be quiet...waiting for God to speak through His Word.

INSIGHT: The first thing when you're in a tragedy or coming out of a tragedy or huge life change is...focus on God's Word and prayer (Matt. 6:6 Msg).

II. ASK GOD TO CALM YOUR FEARS.

TRUTH: The most dangerous, life-altering emotion is fear.

INSIGHT: Normally, to get on with your life after a tragedy or life change, you'll have to deal with the root causes of fear (Lam. 3:55-57 ESV).

THE QUESTION BECOMES THIS: How do we deal biblically with fear?

INSIGHT: The Bible says three things from God deal fear a death blow: truth, love, and faith.

1. Truth (John 8:32) "The truth will set you free."

INSIGHT: We can't get rid of fear by saying we won't be afraid. We have to replace fear with truth...God's Word.

2. Love (1John 4:18) "There is no fear in love, perfect love casts out all fear."

TRUTH: If you have a lot of fears, you don't know God very well, because God is love, and love is stronger than fear.

TRUTH: A life filled with God's love is a life with a lot less fear.

3. Faith (Matt. 14:29-30)

TRUTH: All the fears you battle are overcome by the presence of a person, Jesus Christ. The more you keep your eyes on Him, the less power fear will have to freeze you from moving forward.

III. BELIEVE THE SUN WILL SHINE AGAIN (Lam. 5:21 NLT).

TRUTH: God can restore what sin and death and trauma has taken.

THREE THINGS TO AVOID AND TWO THINGS TO DO:

1. Don't depress grief.
2. Don't resign from life.
3. Don't embrace resentment.

TRUTH: Resentment only hurts the one holding on to it. It is a fire in your chest that eats away at life.

ACTION STEP: Let resentment go for your sake! Because you're the only one suffering from its effect.

TRUTH: Holding on to a hurt, nurturing bitterness, is an emotional, life-killing cancer inside you.

TWO ACTION STEPS:

1. Accept what you can't change.

TRUTH: Acceptance is the key to peace, serenity and getting on with our lives.

2. Focus on what you have, not what you lost.

TRUTH: Gratitude destroys depression (Jonah 2:7).